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'Worrying trend'

Watchdog asks for more investigators to deal with surge in citizen complaints about the Harper government's Access to Information refusals **PAGE 5**

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LOU REED DIES AT 71

LEGENDARY VELVET UNDERGROUND SINGER INFUSED POETRY AND POP INTO THE EXPERIMENTAL **PAGE 11**



Hank "The Tank" Bjork, 90, is in hospital recovering after being run over by a semi-truck in St. James earlier this month. Despite being critically injured in the accident, doctors expect him to be walking within a couple months. **CONTRIBUTED**

Man run over by semi-truck to walk again

Sunny St. James.
Family overwhelmed by community's support after accident

Friends and family know him as Hank "The Tank" Bjork, and after surviving a run-in with a semi-truck near his St. James home earlier this month, the 90-year-old has certainly proven the nickname is apt.

"I thought he was a goner for sure," Bjork's niece and main caregiver, Maureen Karbonik, 52, told Metro.

"The caretaker from his apartment building called me right after it happened and said he'd been hit, and that he was underneath the truck. It didn't look very good."

The "fiercely independent" veteran of the Second World

War is a well-known fixture in St. James, where he's lived for nearly 40 years, and can be seen most days slowly walking a well-worn path between his apartment, the Royal Canadian Legion across the street and the Chinese restaurant down the block.

Bjork was crossing Portage Avenue at Berry Street on his regular route Oct. 16 when the light turned and the semi slowly started across the intersection.

"It usually takes him at least two lights to get across," she explained. "I guess he wasn't all the way to the boulevard and apparently the semi driver didn't see him."

No charges have been laid against the driver.

Witnesses told Metro that emergency crews had to lift the truck to get Bjork out from underneath, but amazingly —

Quoted

"It might take him 10 minutes to walk a block, but in the meantime he's chatting with everyone he sees." **Maureen Karbonik**

and despite being critically injured — he was conscious and talking.

Bjork suffered a broken back and elbow, but now, less than two weeks later, doctors expect he'll make a full recovery after a couple months in hospital.

"He was very lucky," said Karbonik. "He's in a cast for a little while but they fully intend on having him back up on his feet as soon as possible."

"And I know he fully intends to be back at home as soon as possible." **SHANE GIBSON/METRO**

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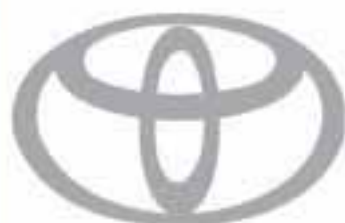


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Mayoral run

Steeves likely to announce mayor run today

Former councillor Gord Steeves could be finally answering the "will he or won't he run for mayor" question.

On Friday, media outlets received invitations to attend an announcement at Assiniboine Park's Qualico Family Centre on Monday at 1 p.m.

Steeves was ward councillor for St. Vital from 2000 until 2011, when he resigned in a failed attempt at a provincial seat.

He told media in September that he was considering a run for mayor.

"I do think I have some decent experience and I've been around for a while; I understand how the place works, so that's why I'm considering it very, very strongly," said Steeves, who also voiced support for lawyer Brian Bowman entering the fray.

Coun. Brian Mayes won the seat for St. Vital in that 2011 municipal byelection.

BERNICE PONTANILLA/METRO



Gord Steeves METRO FILE

Tax hike pushes Fielding to leave committee



Coun. Scott Fielding
BERNICE PONTANILLA/METRO

A longtime member of Mayor Sam Katz's inner circle has left the city's most powerful committee.

Coun. Scott Fielding (St. James-Brooklands) said on Friday that he's no longer on the executive policy committee, which effectively removes him from his post as chair of the protection and community services committee.

Fielding said he was taking a "principled position"

because he cannot support a tax hike in the 2014 draft budget in light of the mismanagement happening at city hall.

"What this is about is the mayor has already announced, obviously, a property tax increase in terms of one per cent for infrastructure," said Fielding, who was on EPC for five years.

"In the back rooms, they are pushing for more. To be quite honest with you,

there's discussions. They're at the end of the budget process and I just couldn't support another property tax increase, especially with some of the mismanagement and bungling that's been going on here at city hall."

Fielding's name has been included in a short list of those planning a run at mayor in next year's civic election.

BERNICE PONTANILLA/METRO

Rana Bokhari leader of Manitoba Liberals

Her focus. Bokhari promises to bring in new members and to rebuild the party's financial base

Manitoba Liberals have chosen a 36-year-old lawyer and political neophyte to lead them out of the political wilderness.

Rana Bokhari won 431 votes to take the party's top job in a squeaker on the first ballot at a leadership convention in Winnipeg. The minimum number of votes needed to win on the first round of voting was 430.

Bokhari is promising to focus on bringing in new members and rebuilding the party's financial base. The Liberals had only 700 members a year ago, but Bokhari brought in more than 600 new members during the campaign.

"My focus is on getting a strong foundation in place for the party so we can be (in) some kind of fighting form

Outgoing leader

Before announcing the results, the Liberal party paid tribute to outgoing leader Jon Gerrard, who has led the Liberals for 15 years.

- Gerrard has been the "lone Liberal" since the 2011 election where they were reduced to just one seat and 7.5 per cent of the vote. The party went into the election with two seats and 12 per cent of the vote.

in the next election," Bokhari said. "There's a lot of work to be done but I'm up for the challenge."

Dougald Lamont took 285 votes on the first ballot while Bob Axworthy came last with 131 votes. Although there were some 2,146 members who could vote for the new leader, only about 857 members cast a ballot. Just over 600 people



Rana Bokhari, a 36-year-old lawyer, has become the leader of the Manitoba Liberals. CONTRIBUTED

voted in advance polls earlier this week, while 49 mail-in ballots were received.

Fewer than 300 people were voting at the convention Saturday.

Meghan Trueman, a 28-year-old Bokhari supporter, said she has never voted in a provincial election, let alone been a mem-

ber of a party.

"I usually spoil my ballot," she said. "I've never been happy with any of the candidates."

But she said she's known Bokhari for eight years and she has restored her faith in politics. Bokhari has an uphill battle ahead of her, Trueman said. THE CANADIAN PRESS

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Seasonal diversity deal

Manitoba Hydro renews power exchange with Minnesota utility

Manitoba Hydro has extended a power exchange agreement with Great River Energy of Minnesota. Hydro president Scott Thomson says it's a

seasonal diversity deal.

It takes advantage of the fact Manitoba Hydro's load peaks during the winter while Great River Energy has its peak loads in the summer.

Thomson also says the deal speaks to the advantages of having transmission interconnections with neighbouring facilities.

THE CANADIAN PRESS/CJOB

Near Holland, Man.

Children safe after school bus hit

A group of children was not seriously hurt when a car hit their school bus and tipped it over near Holland, Man., RCMP said.

Officers from the RCMP's Manitou and Treherne units and fire paramedics were called to the scene of the

accident — the intersection of Highway No. 34 and Provincial Road No. 245 in the RM of Lorne — at 4 p.m. on Thursday.

The six children and 59-year-old male bus driver, as well as the 60-year-old female driver of the vehicle and two passengers, all had minor injuries.

No charges have been laid and the RCMP's investigation is ongoing. METRO

Between 2002-08

Sask. man charged with sexually assaulting teens

A Saskatoon man has been accused of sexually assaulting two teenage boys who worked for him at a movie theatre in Winnipeg.

Terrence James Stannard, 54, is alleged to have sexually

abused the boys repeatedly between 2002 and 2008, after offering them jobs.

The boys were 13 when the alleged assaults began, Const. Eric Hofley said.

Stannard was arrested this week in Saskatoon and transported to Winnipeg. He is being kept in custody on two counts each of sexual exploitation, sexual assault and invitation to sexual touching.

THE CANADIAN PRESS

DEAD BATTERIES, HALF-EATEN BANANA, EX-LAX, MOUSE TRAP — HAPPY HALLOWEEN?



WHAT'S GOOD
Ace Burpee

It's Halloween, so over the weekend I posted the following question on Twitter and on Instagram: Weirdest thing you ever got in your trick or treat bag was? This was all kinds of win.

From Instagram:

@mike_pilot: "2 AA batteries. Both dead (:"

@LuLu_78: "Half a banana with the cut end covered in tin foil"

@sharoninwpg: "A 45. The guy was a DJ" (As in a 45-rpm record. Fantastic.)

@gwallace3: "Ex lax"

@wooder1188: "I was trick or treating on Inkster. An old man in his 80s gave me a bar of soap and said 'Germs kill. Wash your hands, kid.'"

@soupea: "Box of Smarties. Sounded like it was empty when they placed it in my bag. Sure enough, it was empty."

From Twitter:

@Time4Lenny: "A kitten, mousetrap and cigar. I was about 5. Best. Great-uncle. Ever."

@WpgSportsNerd: "I got loose saltines once. Think they lasted long in the bag before they were dust?"

@Ellencanola: "my kid got a beer last year."

@crazyindapeg: "a fake/ plastic banana and a pair of socks!"

@SylVermette: "My kids got an ice cream sandwich. I thought that was pretty spectacular. #ranoutoftreats"

@loewenchris: "Religious Pamphlets." (This proved to be a very popular response, along with Bibles.)

For the record, you read nothing above about either "a potato" or "liquor-filled chocolates." This is simply because there were multiples of each. Like tons. Best!

Happy Halloween.

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Manitobans who deserve a hero's welcome

This year's five Manitoba Heroes, chosen by the Winnipeg Blue Bomber Alumni Association, hold a flag that was later raised in their honour at city hall on Friday. The 2013 Heroes included, from left, Althea Guiboche, who feeds bannock to 400 disadvantaged people a week; award-winning children's entertainer and humanitarian Fred Penner; Ken Opaleke, director of the West Broadway Youth Outreach programs; 14-year-old Owen Settee, who has organized food drives in Thompson; and Michael Champagne, founder of AYO! Aboriginal Youth Opportunities. BERNICE PONTANILLA/METRO



Give empty beverage containers a new life.



Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of



Suzanne Legault, information commissioner of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

new complaints of this type in the past four months," Legault wrote in August to Tony Clement, president of

the Treasury Board.

"So far this fiscal year, we have received 107 new special delegation (security-related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. **THE CANADIAN PRESS**

Clarification needed

\$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost \$7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The No. 2 person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at \$18.9 billion, rather than the \$25.9 estimated in the budget. The lion's share of the difference was from lower program spending.

THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two

girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.

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Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

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Report: 1,500 Canadians languish in foreign jails

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzyski, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the

circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

Wrenching testimonials

In an effort to dissuade others, the government has a collection of stories on its travel-advisory site from Canadians caught trying to smuggle drugs overseas.

- One man, who was sentenced to 15 years in a Cuban jail for importing marijuana, says the water was a "milky colour and it made me really ill."
- A woman who spent a year in a Jamaican prison for trafficking heroin described living in cramped quarters without running water where "inmates were constantly trying to pick fights with me."

Each case "has a delicate strategy depending on the circumstances of the case," said John Tackaberry, a spokesman for the human-rights group.

THE CANADIAN PRESS



A boy inspects a destroyed car after a car-bomb attack hit the Sha'ab neighbourhood of Baghdad, Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

Deadly wave of attacks hits Iraq

At least 66 killed.

Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series

of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern

Sha'ab and southern Abu Dashir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count.

THE ASSOCIATED PRESS

Iran. Anti-U.S. banners a sign of division between hardliners, new president

Banners that suddenly cropped up around Tehran in the past week depict an American diplomat dressed in a jacket and tie, while under the negotiating table he is wearing military pants and pointing a shotgun at an Iranian envoy.

The anti-American images were ordered taken down Saturday by Tehran authorities. But they made their point.

It was another salvo by hardliners who are opposed to President Hassan Rouhani's pursuit of better ties with Washington and are worried that Iran could make unneces-

sary concessions in its nuclear program in exchange for relief from Western sanctions.

The banners and posters were something of a warm-up to the main event: Rouhani's critics are planning major anti-U.S. rallies on the Nov. 4 anniversary of the U.S. Embassy takeover in 1979 following the Islamic Revolution.

Anti-American murals have long been part of the urban landscape in Iran. Now, however, the images reflect internal divisions in Iran and suggest more intrigue ahead.

THE ASSOCIATED PRESS

7th killed this year

Journalist gunned down in Somalia

A Somali journalist died in hospital after being attacked by gunmen, a colleague said Sunday, bringing to seven the number of journalists killed in Somalia this year.

Journalist Mohamed Mohamud, 26, died in hospital Saturday night, said fellow journalist Ahmed Nor Mohamed. "We have lost a precious life once again. Doctors were not able to save our colleague," he said.

Mohamud was buried Sunday. THE ASSOCIATED PRESS

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A street monkey wears a baby doll mask as it performs last week in a slum in Jakarta, Indonesia. Security forces are conducting raids to rescue macaques used in popular street performances. TATAN SYUFLANA/THE ASSOCIATED PRESS

Indonesia rescues masked monkeys from roadside shows

Jakarta. The performances often take place when traffic is backed up in the city's notoriously congested intersections

Indonesia's capital is saying no to monkey business. Literally.

Security forces are fanning out across Jakarta conducting raids to rescue macaques used in popular street masked monkey performances.

The order came from Jakarta Gov. Joko Widodo, better known as "Jokowi," who wants all roadside monkey performances — known here as topeng monyet — gone by next year.

He said that besides improving public order and stopping animal abuse, the move is aimed at preventing diseases carried by the monkeys.

The city government will buy back all monkeys used as street buskers for about \$90 and shelter them at a one-hectare preserve at Jakarta's Ragunan Zoo. The handlers and caretakers will be provided vocational training to help find new jobs.

Femke den Haas of the Jakarta Animal Aid Network welcomed the decision, saying at least 22 monkeys have been rescued since the sweep began last week and quarantined for health issues. The animals are no longer able to live with other primates in zoos and cannot defend themselves in the wild.

THE ASSOCIATED PRESS

Monkey training

Many of the macaques are trained at a slum area in eastern Jakarta, known locally as "monkey village."

- A trained macaque can be sold for up to \$135.
- About 350 animals work as street performers in Jakarta.



Calif. Governor frees woman sentenced to life for killing her ex-pimp

California Gov. Jerry Brown has decided to allow freedom to a woman who received a life sentence when she was a teenager for killing her former pimp.

Brown decided late Friday not to take action on a state parole board's decision to grant parole to Sara Kruzan, thereby allowing the decision to go into effect, his spokesman Evan Westrup said Saturday.

Kruzan was 17 when she was sentenced to die in prison for the 1994 shooting death of

George Gilbert Howard in a Riverside motel room. She contended that he sexually abused her and had groomed her since she was 11 to work for him as a child prostitute.

Her case became a high-profile example used by state Sen. Leland Yee, who sought to soften harsh life sentences for juveniles.

"It is justice long overdue," Yee told the Los Angeles Times. He called Kruzan's case the "perfect example of adults who failed her, of society failing her. You had a predator who stalked her, raped her, forced her into prostitution, and there was no one around."

Kruzan's case garnered widespread publicity in 2010 after Human Rights Watch posted a six-minute interview with her on YouTube.

"Given Ms. Kruzan's age at the time of the murder, and considering the significant abuse she suffered at his hands, I believe Ms. Kruzan's sentence is excessive," the governor wrote in his commutation message. "It is apparent that Ms. Kruzan suffered significant abuse starting at a vulnerable age."

THE ASSOCIATED PRESS



Sara Kruzan in March 2012. CALIFORNIA DEPARTMENT OF CORRECTIONS/THE ASSOCIATED PRESS FILE

Toronto

Stabbing victim will live: police

Toronto police say a man has serious but non-life-threatening injuries after being stabbed in the face.

They say the man in his 20s was rushed to hospital after being stabbed around 6 a.m. Sunday.

There's no word yet on any suspects. It's the fourth stabbing so far this weekend in the Toronto area.

THE CANADIAN PRESS

Austria

\$6.9 million in drugs seized from camper van

Authorities have seized 500 kilograms of cannabis during a routine check on a camping van entering southern Austria from Slovenia on Saturday. Two Italian men were arrested.

Police in Carinthia province said the drugs — divided into 500 packages — were hidden inside the roof of the vehicle. A sniffer dog alerted officers to the stash.

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Posh kibble. Fido used to eat table scraps — now he get pricey organic food

Organic kibble? All-natural chow? Fido and Fluffy don't know it, but their owners want them to eat better — and they are forking over big bucks to make it happen.

Even through the Great Recession, premium dog and cat food — the latest iteration of which is advertised as “natural” and “organic” — has been claiming an ever-bigger share of the market. Sales of the more expensive brands jumped 68 per cent in the U.S. from 2002 to 2012, compared with 19 per cent for mid-priced brands and just eight per cent for economy

brands, according to Euromonitor International.

Major manufacturers like Nestle Purina and Del Monte Foods are also capitalizing on consumers' willingness to spend more on food they perceive to be better for their furry friends.

“People think of their pets not as pets, but as members of their family, and they want to treat the members of their family with the same respect as they treat themselves,” said Molly Maier, senior analyst at market research firm Mintel Group Ltd. **THE ASSOCIATED PRESS**



By the look of it Fido might be eating a better meal than you tonight. Owners are increasingly paying top dollar for healthy pet food. **MATT SLOCUM/THE ASSOCIATED PRESS**

Sowing seeds of change

A new crop of tech-savvy farmers using mobile apps

Farmers across the country are relying on new cyber tools to help them monitor the weather and their irrigation systems and even map crops.

Longtime dairy farmers in Vermont are now keeping records on their smartphones of their fields and crops — from manure and fertilizer applications to corn and hay harvests, thanks to a savvy University of Vermont researcher.

Agronomist Heather Darby of UVM Extension got the idea as she was working with farmers to develop plans to manage their fields and crops and protect the environment. She said the farmers weren't very good at keeping records, but they had grown accustomed to using cellphones.

Her goCrop app received about \$400,000 more from the federal government this spring to expand use in the Northeast and California.

THE ASSOCIATED PRESS



It is said good fences make good neighbours, but when you are surrounded by hundreds of residents, disputes are more likely to flare up. And some of those arguments inevitably end up in court. **DARRYL DYCK/THE CANADIAN PRESS FILE**

Not quite loving thy neighbour

Experts. As more Canadians opt to live in cramped condos, the number of residents turning to courts to settle fights will rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing the close quarters of condo living increases.

In the Ontario case, Korolekh frequently hurled racist and homophobic obscenities at her neighbours, according to affidavits written by Jerome and other residents. A judge accepted those as accurate accounts of the woman's behaviour, though Korolekh has always denied any wrongdoing.

In one instance, she hit one of her neighbours in the neck, the affidavits said. In another, she tampered with another neighbour's cable TV service. She appeared to encourage her Rottweiler's aggressive behaviour, including when children were around, according to the documents.

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen with increasing frequency.

- “The law of averages tells you that the more people that are living in (condos) and the smaller the units are, there are going to be more conflicts,” he says.

It took a lawsuit filed by the condo board and a court order to finally put a stop to it.

“It was right versus wrong, and what she was doing was wrong,” recalls Jerome, who says normalcy quickly returned once Korolekh was gone. **THE CANADIAN PRESS**

Financial-services fees under fire

The fees Canadians pay to invest in mutual funds are under scrutiny as the national securities regulator reviews whether the often-used embedded compensation system is in the best interest of investors.

Earlier this year, Australia and the U.K. banned so-called “trailing commissions” in their financial services industries following two massive fraud scandals.

While industry and consumer advocates in Canada are at odds over whether such a ban would meet the aim of increased transpar-

ency in the industry, they do agree change is needed.

“It is very confusing for consumers right now,” said Jonathan Bishop, a research analyst with the Ottawa-based Public Interest Advocacy Centre.

In Canada, mutual-fund and investment advisers can be paid by their clients in a number of ways, including an hourly rate or a flat fee.

Most commonly, however, they are paid through an embedded fee system, usually a predetermined percentage taken directly from a client's total investments.

This amount, called a management expense ratio, is set by fund companies and is generally around 2.5 per cent annually. It covers a variety of fees including the adviser's cut, which ranges around one per cent.

The industry has been criticized for a lack of regulation when it comes to disclosing embedded fees to consumers. Not all investors are aware of how much they pay in these fees, because they're not billed, or know that other payment options are available.

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FIVE WAYS TO FIX CITY HALL

One week after the release of the fire hall audit, city hall is still engulfed in flames while public trust in the civic government has been extinguished. So how does the city move on from this disaster and begin rebuilding public confidence?

1. Hire an experienced CAO The selection of the next CAO might be more important than the next mayor. The city needs an experienced leader who can guide it toward adopting a high-performance, high-ethics, customer-focused culture. Cutting red tape and implementing best business practices is good; ignoring city rules and showing preferential treatment is not.

2. Open up the data One of the first things that new CAO should do is come up with a concrete plan to embrace open data at city hall. To the greatest extent possible, city information should be available for citizens and councillors. That includes details of contracts with private vendors. That requirement should



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

be written into the city's RFP documents. It might result in fewer bidders for some contracts, but that's a fair price to pay for transparency.

3. Appoint an ethics commissioner For years the city has been asking the province to change legislation to allow it to hire an ethics commissioner. But there's nothing stopping the city from establishing its own ethics office to work with the mayor and council to prevent potential ethical violations and investigate complaints from the public. Prove the concept works and then seek additional powers from the province rather than just complaining about it.

4. Stick a fork in the mayor, he's done While Sam Katz has shown remarkable resiliency in dealing with a wide range of ethical and political issues over the years, it appears we've finally reached the tipping point of public frustration. Even high-profile former friends like CJOB's Charles Adler are calling

on Katz to leave, Coun. Scott Fielding resigned from EPC, saying, "I'm not sure people believe everything he (Katz) says these days," and former ally Gord Steeves will announce on Monday he's seeking Katz's job. Behind the scenes, the mayor seems to have lost control of his own EPC, with councillors like Russ Wyatt taking on more power. Resignation is unlikely, but Katz could announce now that he won't seek re-election next year, setting the stage for renewal at city hall. After all, he no longer has to worry about being seen as a lame duck; his goose is already cooked.

5. Reboot council Katz shouldn't be the only one considering an exit from city hall. The fact is that a majority of council approved the appointment of Phil Sheegal as CAO, and a majority of council failed to ask critical questions about the fire hall program. Even those in opposition have been remarkably ineffective at shining light on questionable city decisions.

At a certain point, all members of council have to ask themselves if they're still moving this city forward, and voters should be asking the same.

ZOOM

Oscillate wildly



EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well? It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time get-

ting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?

Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform.

They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

Vivino:

Think you've had a few too many to remember the vintage you're sipping on? Take a pic of the bottle, upload it to Vivino and get the tasting notes. And if you don't trust the experts, you can add your own (vita)cultured friends to read their reviews. iPhone, Android and BlackBerry.

Delectable:

Similar to Vivino (snap a pic and voilà! tasting notes), but with more emphasis on design. Plus, the delect-

able blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:

This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.



DAVIDE RESTIVO/FICKR

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsGold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nouthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.



@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca



In the animated film *Free Birds*, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday menu for good. CONTRIBUTED

When turkeys fight back

Avian revenge fantasy.

A pair of angry birds go back in time to save their kind from Thanksgiving



NED
EHRBAR

Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, *Free Birds*, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day.

We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling *Parks and Recreation* from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?

Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

You're managing to squeeze in a lot of film work between seasons of *Parks and Recreation*.

It's fun to do different things. My schedule with *Parks* is al-

most like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

What sort of projects are you keeping an eye out for?

Well, I don't know. Right now we're gearing up toward our 100th episode, so right now I'm like real *Parks* brain, just enjoying being on set for that. And then what happens after the new year in the

spring, I'm not sure yet.

Yours was one of a very few comedies that NBC didn't cancel last year. That must feel at least a little reassuring.

Yep, NBC has supported us by keeping us on. We appreciate that. Because I would rather do the show than not do the show, that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky.

Certainly it's tough sometimes to just not know your fate all the time, and we've certainly never been a show where we knew our fate, but because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show. I'm really proud of the show. I would watch it if I wasn't on it, which is a nice thing for me to

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's *Jackass Presents: Bad Grandpa* tops the weekend box office with \$32 million US, sinking three-week champ *Gravity* to second place. THE ASSOCIATED PRESS

be able to say honestly.

How do you think your character on the show, Leslie Knope, would've responded to the recent U.S. government shutdown?

We were laughing about it. We basically did this in Season 3, which is *Pawnee* shuts down, but (during the real shutdown) she would've just been incredibly depressed. Like, in sweatpants, losing her mind.

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Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitar-

ist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band.

The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with *Take a Walk on the*

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's *Yeezus* on The Talkhouse website.

Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected.

Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's *Metal Machine Music*, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism,

such as his 2003 Edgar Allan Poe-inspired *The Raven* and his final release, a 2011 collaboration with Metallica entitled *Lulu*.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson.

He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie. **WITH FILES FROM THE ASSOCIATED PRESS**



Lou Reed's tours were always successful. GETTY IMAGES FILE



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The Word

Bieber doesn't always screw up, but when he does...



STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always super-icky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says staff were provided with a list of evasive answers to use if asked whether Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?"



Rumour has it Tim Burton will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

Billy Bob Thornton says then-wife Angelina Jolie got angry over his 2001 Monster's Ball sex scene with Halle Berry. "Well," he continues, "I'm sorry, but it's not like anything interesting has happened to me since then."

Perrie Edwards of Little Mix said of her band mates, "I wouldn't say

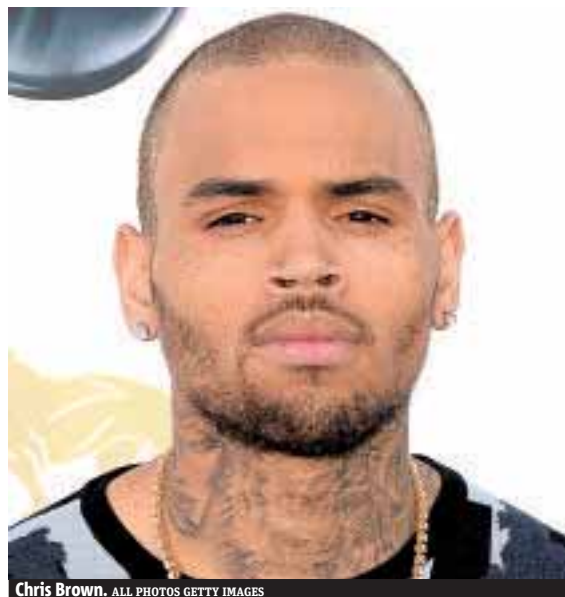
we're feminists: we don't hate our men." "Oh, for bleep's sake. This is what happens when I'm underfunded," said the education system.

A 33-year-old man spent \$100,000 on surgery to look like Justin Bieber. The way Justin is going, he'll be asking for the name of that guy's surgeon soon.

Kim Kardashian says baby North doesn't wear pink but, rather "mauve or blush." In a prepared statement, Blue Ivy Carter and Harper Beckham scoffed at the comments.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Police believe the two men were together during the incident but said

they couldn't confirm any relationship between the suspects.

Brown and Hollosy were being held in police custody until Monday, Metcalf said.

A man was injured in the fight and reportedly taken to a hospital, police said, but they did not identify him or give details on his injuries. It was not clear whether the victim was taken by ambulance or another vehicle.

He had been released from the hospital as of early Sunday afternoon, Metcalf said.

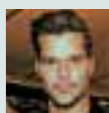
THE ASSOCIATED PRESS

Twitter



@WhitneyCummings

"Handcrafted" is just a fancy word for "broken"



@ricky_martin

Sending love wherever it is needed.



@LilTunechi

Copenhagen was most definitely the livest!!!! I'd do it again right now if I had to! Luv y'all!

Quincy Jones wants MJ's money



Quincy Jones

Quincy Jones is suing the estate of Michael Jackson for \$10 million, alleging that "clandestine arrangements" of newer releases of material he worked on with the late singer have served to cheat him out of royalties, according to the Hollywood Reporter.

"Quincy has been frustrated with these matters for a number of years, felt he was not making any progress and needed to take more formal action," his attorney says.

Thicke talks up his sex life



Robin Thicke

Robin Thicke would like everyone to know that he and wife Paula Patton have a fantastic sex life.

"We're over-spiced. We could probably take a few spices off the shelf," he tells Elle magazine, adding that the couple enjoys getting intimate while listening to his music. "She likes to do it more than ever now. Sometimes she'll even play groupie for me."



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Book excerpt

Homework 101



IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether

it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess be-

cause of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S **I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS** (MCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online



Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices

Join the laughter on twitter @mommyreasons



Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA
ARSENAULT
Metro World News in New York

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of *Blue's Clues*, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering *Yummiloo*, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate *Yummiloo*'s mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an abso-



Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

lute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one

little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

3 TIPS



Give empty
beverage containers
a new life.



COUPONS

Monday, October 28, 2013



One of the best places to find coupons and other savings is the Internet. Also, consumers share tips and coupons via their blogs and websites. MYKHAYLO PALINCHAK/COLOURBOX

Browse for savings

SHELLEY
KILMURY
For Metro

Not only are there thousands of money-off options released each week by companies locally and nationally, but many penny-wise consumers offer tips and share coupons via their blogs and websites.

One such site, mrsjanuary.com, launched by Cassie Howard in 2007, states that she saves an average of 50 per cent off her weekly grocery bill redeeming Canadian coupons.

So where can one find these money saving wonders?

A web search on the best places to find coupons revealed that in-store tear pads, local newspapers and a myriad

of online savings communities such as dealstreet.ca, valpak.com and save.ca are a click away to assist in trimming one's monthly budget.

Winnipegger Angie Zalondek doesn't have a family to feed, however, she says she often visits Procter & Gamble's website for free samples, to enter sweepstakes and, yes, to view the coupons.

"The Procter & Gamble site allows me to select the coupons I want to redeem and they are mailed to my home free of charge," Zalondek said. "It's a great deal as I have an extensive furry family and often find deep discounts on the site for dog and cat food."

Another popular trend to obtain discounts ties into group buys, where consumers sign up to receive email feeds and create an account on sites that work in concert with local restaurants, service providers and product suppliers. Sites such as Groupon, Dealfind, WagJag, TeamBuy and LivingSocial are examples of online bulk offerings that send consumers online, printable vouchers to redeem their purchases.

For those interested in unloading unwanted coupons or wish to swap, there are coupon trading forums such as smartcanucks.ca, which allows consumers to post their coupons and pen a wish list for the items for which they are searching.

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VISIT
TO ENTER

Tips. Brush up on collecting art form

According to the Canadian Deals Association website, approximately 6.8 billion coupons are distributed nationally, with an average of 86 million coupons redeemed by Canadian consumers each year.

Those numbers shed light on the vast volume of coupons released, coupled with an equally high volume of redemptions. Interestingly, the

top three coupon category releases are household items, personal care, and food.

Couponing certainly appears to somewhat of an art form. The following are tips in collecting coupons.

- Clip coupons from newspapers, flyers and swap with friends.
- Sign up for a coupon feed via online blogs and websites.
- Scour store websites for

online coupons and sign up with an alternate email address.

- Purchase a binder with pockets or page inserts, calculator, scissors and a sturdy pencil.
- Sort by expiration date and product. Try to buy items when on sale for further discounts.
- Be on the lookout for in-store coupons and those

printed on the back of retail purchase receipts.

- Make note of multiple coupon offers for individual products.
- Sign up for loyalty programs.
- Inquire about double coupon days and mark the dates on your calendar.
- Look for new product and trial offers.
- Ask for full disclosure and

take advantage of mail-in store and manufacturer rebates.

- Ask for a rain check if the item you want is out of stock.
- Look for on-product package or "peekaboo" coupons in your local grocery store.
- Search for "beat the price" coupons and offers at alternative retailers.
- Study up on the lingo of couponing. **SHELLEY KILMURY**



If you plan to collect coupons buy a binder with pockets or page inserts. JUPITERIMAGES/CREATAS/THINKSTOCK



You can find immediate deals and savings on your smartphone. COLOURBOX

Dial up direct deals

SHELLEY
KILMURY
For Metro

Cellphone companies strive to build loyal relationships and solidify their brand within their dedicated customer base, but have also found an external method in developing loyalty by partnering with national retailers to deliver technology-based deals direct to consumers' smartphones.

Wireless providers know their customers' locations, and through location-based promotions, QR codes and discount coupons, consumers are able to locate and act upon immediate discounts, product information and free-with-purchase offers via retail partners.

Rogers Alerts, for instance, is a service that uses SMS location-based "geofenced" technology through U.S.-based company Placecast. Consumers can now obtain digital coupons from national retailers such as A&W, Pizza

Mobile devices

- According to retailmenot.ca, a Canadian digital coupon site, approximately 47 per cent of Canadians look for coupons or discounts online or on their mobile devices.

Hut Canada, Future Shop, Second Cup, and Sears, for instance

Murray Campbell, a Winnipeg-based sales professional, opted in to receive A&W coupons through his smartphone.

"I grew up frequenting my local A&W, so if I can get a two-for-one deal pushed into my phone, the coupon serves as an instant reminder that I'm overdue for a burger and can take my daughter with me to share the tradition," Campbell said.

"We know that over half of Canadians are interested in signing up to receive relevant

promotions and product offers on their smartphones, especially when the store is nearby," Nyla Ahmad, Rogers vice-president of local digital, said in a recent press release.

SmartSource.ca, an online coupon site, has also gone mobile in delivering consumer packaged-goods coupons. Its mobile version uses the same URL and allows users to scroll through the offers and select the coupons they want from any web-enabled phone, smartphone or other mobile communications device without having to download any special software or applications.

With smartphone dependency amongst Canadians on the rise, consumers appear to want the convenience of knowing when and where to find their next purchase at an immediate discount. Deals and digital coupons are an opt in away as retailers provide many avenues for price-savvy consumers to download apps from websites and gain instant access to portable coupons.

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Product shown is \$38. Offer valid at participating locations shown. Valid on arrangements and dipped fruit boxes only. Offer expires November 31st, 2013. Offer code must be used when placing order. Containers may vary. Delivery not available in all areas. Cannot be combined with any other offer, promotion, coupon or coupon code. Excludes tax and delivery. Not valid on previously purchased items. Acceptance and use of coupon is subject to all applicable laws. Void where prohibited. See store for details. EDIBLE ARRANGEMENTS® & Design and all other marks noted are trademarks of Edible Arrangements, LLC. ©2013 Edible Arrangements, LLC. All rights reserved.

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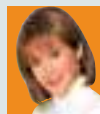
Offer expires Nov. 30th 2013

Where available November 1st - 30th 2013. Can only be combined with one other offer. Not valid with other special offers. See store for details.

Healthy eating

Choose it
and lose it

While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.



Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.



Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.



Hit (or two) of curry elevates Parsnip and Apple Soup

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. **THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).**



This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

Easy Japanese tradition offers instant comfort

Miso is a traditional Japanese soup and one of the many Asian soups trending in North America. It is also very easy to make.

Miso itself is fermented soybean paste that comes in a variety of colours. Barley and rice miso are also available at Asian grocery stores.

1. In saucepan, place dashi soup stock (the easiest way to make dashi stock is to buy dashi powder at an Asian grocery store and simply add it to water) and bring to a boil. Reduce heat to a simmer. Add mushrooms.

2. Cut tofu into 1-cm (1/2-inch) cubes and add to soup.

Ingredients

- 1.25 l (5 cups) dashi soup stock
- 4 shiitake mushrooms, stems removed, thinly sliced
- 1 block (125 g/4 oz) firm tofu
- 50 ml (1/4 cup) miso paste
- 2 green onions, cut on an angle into 5-mm (1/4-inch) pieces



This Miso Soup recipe serves four. THE CANADIAN PRESS/ JACKIE NOBLE

3. Remove a ladleful of the broth and mix it in a bowl with miso paste until smooth.

4. Stir miso mix into soup,

making sure not to bring to a boil. Add green onions and serve.

THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

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BRUCE WALSH
Metro World News

We asked professors around the country to give their advice on how to make your college essay stand out.

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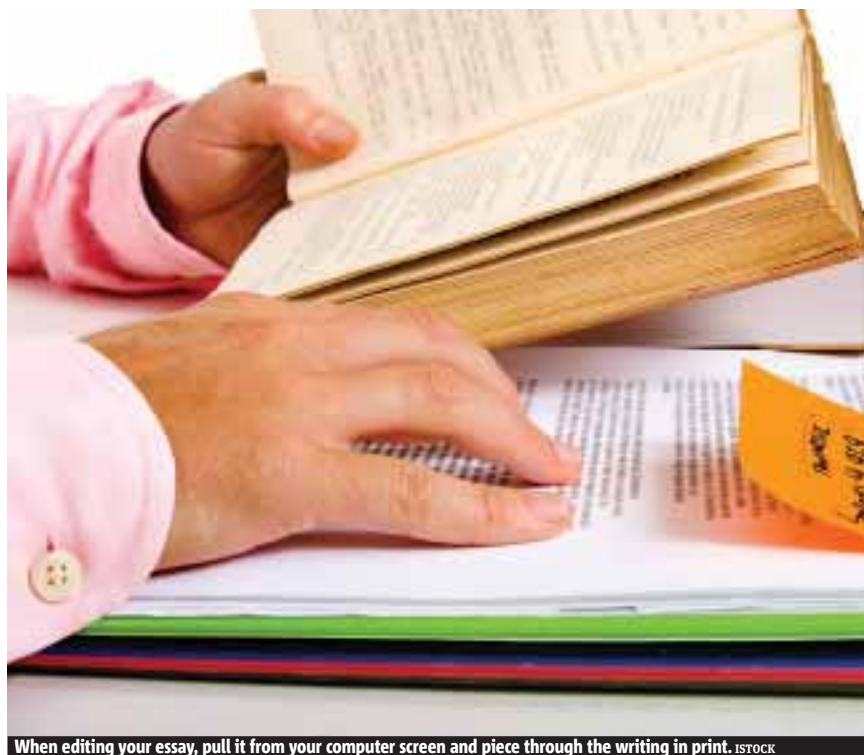
There is a reason reading aloud is an almost universal staple of composition classrooms: It works.

A wide variety of research has shown that vocalizing your own writing causes your brain to process language in a different way. You hear mistakes you never would have caught otherwise.

"As a writing teacher, it's my number one go-to," says Josh Ambrose, director of the McDaniel College Writing Center. "It's like when you listen to your own voice mail message, and you're like, 'That's not what I sound like.' There's always this disconnect between the voice we hear in our head when we're writing and the voice that comes out on the page."

Let the first draft be crap

Eloquently coined by author Anne Lamott, a "s—first draft" is nothing to be ashamed of. Many professional writers say it is the key to doing their best work. Yet, professors often cite a fear of embarrassment as an enor-



When editing your essay, pull it from your computer screen and piece through the writing in print. ISTOCK

mous barrier in composition courses.

Remember: It's not math

Nobody — not even James Joyce — can claim to be 100 per cent correct when it comes to grammar. (After all, he did exhibit some funky punctuation in *Ulysses*.) "It's an imperfect science. Some people try to make it as rigid as math, but that just confuses students — and makes them reluctant to write because they can't win," says David Robson, who teaches composition at Delaware Val-

Go old-school

Research has shown that editing on actual paper helps the brain focus on the task at hand.

- "Your eye doesn't take the same care when engaging with a computer screen," says Samra Bufkins, a writing professor at the University of North Texas.
- "As soon as the words are on paper, things start jumping out. Your mistakes become more tangible."

ley Community College. "Sure, but you need to bend them there are hard and fast rules, from time to time."

You, you're gonna love me. Survey finds that the art of persuasion pays off

Whether it's convincing your boss that you deserve a pay raise or coaxing a group of friends to go to the movie you want to see, there are good reasons for being influential.

According to a new survey from American Express Canada, three quarters of Canadians do consider themselves to be influential. Putting that influence to work, however, can be tricky. Shelby Walsh, president of Trend Hunter, a site reporting on the most popular trends and cutting edge ideas, has seen first-hand how social media is transforming the way we all share and receive recommendations, so here are her top tips on how to be more influential among your friends and family:

Confidence is king: An overwhelming 81 per cent of us say that confidence is a characteristic that makes someone influential. Confidence is a vital ingredient for a great date, a successful career, or even when trying to convince your friends or family members to try your new favourite restaurant.

Go social: The rise of social media has transformed consumers' influence, but also changed the way we share and receive recommendations for products and services. In fact, 43 per cent of those surveyed reported that they give the reviews posted on social media the same weight as those seen on traditional news channels.

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Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI
SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting



What would a recruiter interpret about you as a person after pulling together all your current Facebook information? ISTOCK

has always been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible

employers.

Launched earlier this month, it allows companies with subscriptions (\$1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the résumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they

don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the résumé? "Resumés are being

You're hired!

Stephane Le Viet's tips for Facebookers looking to get a gig with Work4:

- **Review your public:** "Make sure you're comfortable with it. Don't look at it in the perspective of only removing content."
- **Add information:** "This will make you findable. This will also make your public profile look richer. Add where you studied and your major, where you work and past work experiences."
- **Add special skills:** "It's something where you can say, 'I'm an expert in marketing' or 'I have a professional skill in accounting' so people can find you better."



Aim for a page worthy of a few likes from your friends and employers alike. ISTOCK

overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."



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He's cute, but does he think? Becksistentialism says yes

Philosophy. After the soccer icon's move to Paris, a professor felt it was time to document his internal monologue



KIERON MONKS
Metro World News

Sport has never known a global icon like David Beckham, a perfect marriage of clean-cut glamour and a stellar record on the soccer field.

But as Goldenballs made his final move to Paris last year at 37, a French philosophy professor wondered if the city of Sartre, Camus and Proust would raise feelings of mortality in the superstar.

The result was Becksistentialism — a diary of Beckham's "internal monologue as he collides with the Parisian intellectual tradition" featuring encounters with classic philosophers and French actor Eric Cantona. The online series became a hit and ahead of delivering a lecture on it, author Andy Martin of Cambridge University told us more.

What makes Beckham a good subject? Is he a blank canvas?

That's right to an extent but he's also good because he acts philosophically without being articulate. There are messages in his tattoos and haircuts. He's also a bit irresistible as a subject because he is seen as not thinking, which is prob-



In this June 18 file photo, David Beckham plays soccer with children at Nanjing Olympic Sports Centre in Nanjing, China. The superstar is best known for scoring and squeaking, but now a professor is imbuing him with a dark side. CHINA FOTOPRESS/GETTY IMAGES FILE

Les misérables of sport

Where can you find it?

- For more, visit becksin-paris.tumblr.com.

ably a mistake, and I rectify that.

Is the Parisian philosophy scene a descent into hell or an awakening for him?

He's in a transitional state at the end of his footballing career and his quest is now to define himself as an individ-

ual. He's in the twilight, and while Alex Ferguson wants him to only be The Footballer, Beckham doesn't want to be confined by such a simplistic definition — he has divergent, conflicted selves. One reason for his being a good ambassador is that he never says anything offensive, but I can do it on his behalf.

What sort of reaction are you expecting when Beckham hears about this?

I think he has a good sense of humour and would take it well. People forget that philosophy is all about jokes.

'Round the world wisdom

Facing adversity? Focus on what you can control

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

In the game of life challenges are dealt to us every day, some big, some small. The danger of becoming overwhelmed always lurks just around the corner, and

at times it finds us. When you sense that things are unraveling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my



Don't waste your time wandering up an unclimbable rope. Achieve goals that are within your grasp.

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health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert.

What was an attempt to get fit cascaded into the rest of my life, changing it forever.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCARER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Dr. Dick Smith, winner of trailblazer award, with Doug Arrell and Roger Tam.



Chamber president Paul Hesse shares the new vision for the Manitoba LGBT* Chamber of Commerce.

CONTRIBUTED PHOTOS

PROSPERING FROM MODEST BEGINNINGS

MANITOBA LGBT* CHAMBER SUPPORTS LOCAL BUSINESSES

For 25 years, the Manitoba LGBT* Chamber of Commerce, formerly the Lambda Business and Professional Club of Winnipeg, has been supporting the LGBT business community to grow and prosper in Manitoba. From modest, bimonthly meetings in 1988 to the strong and diverse organization it is today, the Manitoba LGBT* Chamber of Com-

merce has seen many changes over the past 25 years.

"Historically, Lambda was where gay professionals went for referrals," says past-president Mark Schollenberg. "In general, the gay and lesbian community was much more close-knit at that time. So members would use Lambda to find other professionals within the LGBT community that they could trust."

The organization was founded in 1988 by Doug Nicholson, a certified general accountant, and Bill Doyle, a lawyer, with the idea of forming an organization that would help connect gay and lesbian businesses and professionals within the

city of Winnipeg. Both were serving a large number of gay and lesbian clients, and they believed that forming an association would help support the community to develop and grow.

"Back then, if you were an openly gay accountant, you'd have trouble attracting 'straight' clients," Schollenberg says. "The acceptance for professionals and businesses that are owned by people who identify as LGBT is more widespread today than it was 25 years ago."

The association has seen itself grow from a small club providing professional referrals to the LGBT community to serving the needs of the local LGBT

community in a number of interesting ways.

"In the past five to 10 years, we evolved to where we're providing much more visibility to LGBT-friendly businesses," Schollenberg says. "Our focus now includes not only LGBT-owned businesses, but also LGBT allies and their businesses as well."

"The public and businesses are seeking out diversely-owned companies with whom they can buy, sell and partner. We help the public identify those LGBT-friendly businesses and grow our economy here in Manitoba."

— Sheldon Birnie

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Doug Nicholson, co-founder of the chamber 25 years ago, is honoured with a lifetime membership by chamber president Paul Hesse.

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OFFERING EXPANDED SERVICES, BENEFITS

The Manitoba LGBT* Chamber of Commerce — formerly Lambda Business and Professional Club of Winnipeg — celebrated not only its 25th anniversary Thursday, but also a major rebranding.

“We have rebranded as a chamber of commerce to support diverse business owners and allied businesses,” says board member Patrick O’Reilly of Padraig Coaching & Consulting. “As well, our goal is to connect interested businesses and supportive businesses with Manitoba’s LGBT communities.

“The asterisk in the chamber’s new name, and in fact the asterisk as its brand symbol, represents many diverse orientations and gender identities and those who support diversity in Manitoba’s economy.”

After 25 years connecting Winnipeg professionals in the LGBT community why the rebrand? And why now?

“Lambda’s been around for 25 years,” says board member and past president Mark Schollenberg.

“When it started out, it was a way for gay and lesbian professionals and business owners to develop their own referral networks. Over time, as we’ve grown, we’ve had more demands to advocate for the larger business community.”

As an LGBT specific chamber of commerce, Schollenberg says the Manitoba LGBT* Chamber of Commerce serves a different role than municipal chambers. In addition to being an advocate for the LGBT business owner, the chamber also acts as an advocate for the LGBT consumer.

By connecting consumer demands with allied businesses and corporations, the chamber intends to grow the “pink dollar economy” in Manitoba.

“The pink dollar market is larger than any ethnic market segment,” Schollenberg says. “At nearly \$100 billion in Canadian spend power, it’s closer in size to the youth market. Businesses outside the LGBT communities are interested in attracting our market and we try to help them make that happen. We also connect them with other organizations that can help them along the way.

“Now that we’re a chamber of commerce our benefits go far beyond networking.”

For more information on the Manitoba LGBT* Chamber of Commerce, its membership services and how it can help your business grow within Manitoba, visit mb-lgbt.biz. — Sheldon Birnie

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Congratulations on 25 years and the launch of the Manitoba LGBT* Chamber of Commerce

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DR. DICK SMITH IS A TRAILBLAZER

INAUGURAL AWARD

Dr. Dick Smith was honoured Thursday at the Manitoba LGBT* Chamber of Commerce's inaugural awards banquet, taking home the trailblazer award for his contribution to the community.

"The trailblazer award is given to someone who has given back to the community, and who has been 'out there' a lot earlier than it was socially acceptable," says Manitoba LGBT* Chamber of Commerce board member Mark Schollenberg.

A graduate of London College, Smith was recognized as a pioneer with regards to AIDS research and treatment in Manitoba. In 1978, he took out a mortgage — at 16 per cent interest — to buy a house on Corydon Avenue and refurbished it into his own medical clinic, specifically tailored to

serve the LGBT community in Winnipeg, something the city was lacking at the time. In 1979, he attended the inaugural medical meeting held on the subject of AIDS in San Francisco.

"Dr. Smith is definitely a pioneer with regards to AIDS research and treatment," Schollenberg says.

After founding what became the Nine Circles Community Health Centre, where he worked for more than 10 years, Smith founded the Gay Men's Health Clinic at Four Rivers Medical Clinic in 2009.

Smith will be retiring this year, but he still remains active in the community. He is in the process of opening a new multidisciplinary holistic primary care organization for gay, bisexual, MSM, and trans men called Our Own Health Centre with local entrepreneur Adam Tillis.

— Sheldon Birnie



Mani Luangkhot and Robb Ritchie of RBC accept the corporate ally award from chamber president Paul Hesse.

CONTRIBUTED

A NIGHT TO CELEBRATE

The Manitoba LGBT* Chamber of Commerce was launched with great celebration Thursday.

The chamber arose out of the Lambda Business Association, which represented and promoted LGBT business for 25 years. The well-attended celebration at the Delta Winnipeg recognized those 25 years of success and marked the launch of an even more member-friendly chamber of commerce during an evening that included the inaugural Manitoba LGBT* Chamber of Commerce Business Awards and a gala cocktail reception.

Five awards were handed out, honouring outstanding contributions to the LGBT business community in five different categories.

The student award was presented to Jared Star for his work at the Rainbow Resource Centre. Star is a University of Manitoba student in the faculty of social work. Star's passion for community development and his

entrepreneurial approach to problem solving at the Rainbow Resource Centre were among the reasons he received the honour.

The community leader award is geared more towards a member or business who is a strong advocate for LGBT issues within the community. The inaugural recipient was Chad Smith, the executive director at the Rainbow Resource Centre, who has gained a reputation for working tirelessly to assure that the centre's programs run smoothly and remain funded into the future.

The corporate ally award was presented to RBC for its work within the LGBT community. From sponsoring events like the REEL Pride Film Festival and Day of Pink with the Red Cross, to developing an internal corporate LGBT employee resource centre, RBC has proven to be a strong corporate ally to the LGBT business community in Winnipeg.

— Sheldon Birnie



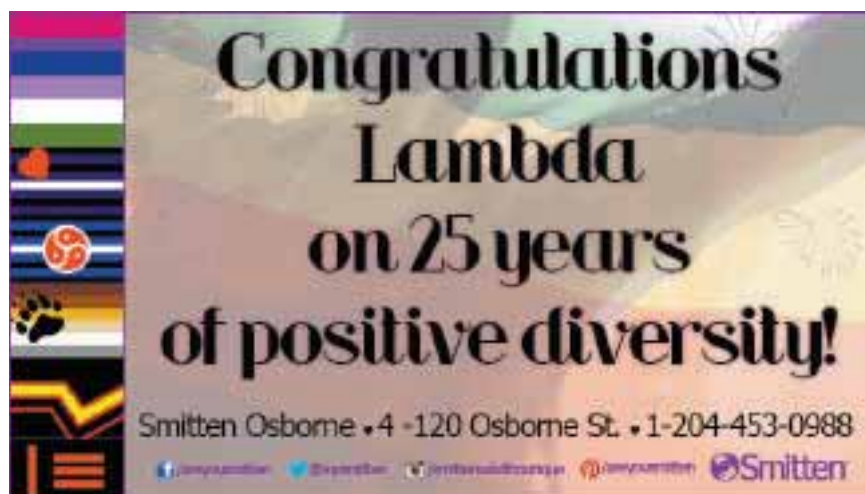
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Located in the heart of Osborne Village, White Lotus Pet Spa was recently honoured with the new business award at the Manitoba LGBT* Chamber of Commerce's inaugural awards reception Thursday.

White Lotus is 100 per cent LGBT owned and operated. This pet spa is open to all clients, whether LGBT or allies. More specifically, White Lotus Pet Spa is open to all clients' pets.

"They have a great product, a great business that is sure to succeed," says Manitoba LGBT* Chamber of Commerce board member Mark Schollenberg. "They're a pet grooming business, but they're taking that to the next level by providing a true spa experience."

"When a person goes into a high-end salon they're looking for more than just a hair cut. They're looking for an experience. White Lotus Pet Spa provides that experience for your pet."

That experience is not just limited to



Patrick Maxwell of White Lotus Pet Spa accepts the new business award from chamber president Paul Hesse.

CONTRIBUTED

cats and dogs. White Lotus Pet Spa is ready to provide its unique experience to cats, dogs, guinea pigs, rabbits, and more. Day care, overnight boarding, grooming services, creative styling, deshedding

programs and educational resources are also available from White Lotus. Providing these services that Winnipeg was lacking, as well as providing jobs, contributing positively to the community

and being passionate about its business were among the reasons White Lotus Pet Spa took home the Manitoba LGBT* Chamber of Commerce's 2013 new business award.

— Sheldon Birnie

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LOOKING TO THE FUTURE

After celebrating 25 years in business with an awards and cocktail event Thursday, the Manitoba LGBT* Chamber of Commerce is setting its sights on the future.

"I think our main goal now is to broaden our reach outside of the LGBT community, to reach out to the general business community," says board member Mark Schollenberg. "We can help businesses look after this market to better serve their customers and to make everyone feel welcome."

Schollenberg added the chamber is hoping to be much more visible to consumers, connecting consumers with businesses.

"Here's a group of businesses committed to looking after a diverse range of customer," Schollenberg says. "Take a look at our directory. These are businesses that have stepped up to do so."

Schollenberg believes there are many tangible benefits to members beyond simply being listed in

LGBT* CHAMBER HONOURS OUTSTANDING CONTRIBUTIONS

The Manitoba LGBT* Chamber of Commerce recognized the following at its 25th-anniversary event Thursday:

- Jared Star received the student award and Chad Smith received the community leader award for their work with, and beyond, the Rainbow Resource Centre.

- RBC received the corporate ally award.

- Dr. Dick Smith was presented with the trailblazer award for his tireless work in the community since 1978.

- White Lotus Pet Spa was honoured with the new business award.

the Manitoba LGBT* Chamber of Commerce's registry.

"As a member of our chamber you have access to a supplier diversity certification program. You can become a certified LGBT business, which means you'll rank higher on bidding on large corporate contracts."

With more than 40 members, the organization is the largest it

has ever been in its 25-year history. But that doesn't mean there isn't room to grow.

"We're working on growing our membership to include businesses outside of the LGBT-owned businesses that currently make up our membership," Schollenberg says.

For more, visit mb-lgbt.biz.
— Sheldon Birnie

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From*



Canada's LGBT Chamber of Commerce

And our Supplier Diversity Corporate Partners:

Founding
GOLD Partners:



Founding Partner:



For information on certifying your LGBT-owned business go to www.cglcc.ca/supplierdiversity

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**Congratulations
on your 25th Anniversary
and the Launch of
Manitoba LGBT* Chamber of Commerce**

Sports in pictures



1 CFL. Maybin an Argonaut

Aaron Maybin, a former first-round draft pick of the Buffalo Bills, joined the Argonauts' practice roster on Sunday, three days after watching Toronto's 36-21 home win over Winnipeg.

THE CANADIAN PRESS

2 Tennis. Federer falls in homeland

Juan Martin del Potro denied Roger Federer his hometown Swiss Indoors title for the second straight year, winning the final 7-6 (3), 2-6, 6-4 on Sunday in Basel.

3 Tennis. Serena seals WTA title over Li

Serena Williams ended her best season in style, coming from behind to beat Li Na 2-6, 6-3, 6-0 on Sunday for her second straight WTA Championships title.

THE ASSOCIATED PRESS



Colorado right-winger Steve Downie, front, gets tangled up with Winnipeg defenceman Dustin Byfuglien during the Jets' 3-2 loss on Sunday night in Denver. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Jets can't hang at Avs' altitude

NHL. Stastny helps deliver victory as Colorado's season-opening hot streak continues vs. Winnipeg

Paul Stastny had a goal and an assist in the third period, Semyon Varlamov stopped 24 shots and the streaking Colorado Avalanche beat the Winnipeg Jets 3-2 on Sunday night.

Matt Duchene and Jan

On Sunday

3

Avalanche

2

Jets

Hejda also scored for the Avalanche, who under coach Patrick Roy are 10-1 for the first time in franchise history. Gabriel Landeskog added two assists.

Blake Wheeler and Bryan

Little had a goal and an assist each for the Jets.

The Avalanche trailed 2-1 entering the third but came out strong at the start of the period. They put nine quick shots on goalie Al Montoya before Hejda tied it with 12:47 to go on an assist by Stastny.

Stastny netted the winner with 5:28 left to give Colorado its fourth straight victory.

Montoya stopped 33 shots before being pulled for an extra skater with 1:30 left.

THE ASSOCIATED PRESS

Around the NHL

Sharks 5, Senators 2. Alex Stalock stopped 38 shots in his first NHL start to lead San Jose to a 5-2 victory against Ottawa on Sunday.

Lightning 4, Panthers 3. Steven Stamkos and Valtteri Filppula both scored in the shootout to give Tampa Bay its fifth win in six games. Stamkos also scored in regulation.

THE CANADIAN PRESS/THE ASSOCIATED PRESS

MLB. Rule snafu adds extra juice to World Series

By Sunday morning, most everyone had become an expert on the obstruction rule.

"Worst ending to a World Series game ever!" PGA golfer Hunter Mahan posted.

"Obstruction of justice," Arizona Cardinals kicker Jay Feely wrote.

Any time someone scores the winning run with two outs in the bottom of the ninth inning without even touching home plate — called safe on an extremely rare ruling — it's bound to cause a little ruckus.

On this point, all sides

seemed to agree: Allen Craig's wild trip over Boston third baseman Will Middlebrooks likely made for the most crazy, chaotic October finish of all time. And it gave St. Louis a 5-4 win Saturday night and a 2-1 edge.

THE ASSOCIATED PRESS

Online

Go to metronews.ca for coverage of Game 4 of the World Series on Sunday night.



NHL. Sabres ship sniper Vanek to Long Island

The Buffalo Sabres traded Thomas Vanek to the New York Islanders on Sunday night for Matt Moulson and two draft picks.

Vanek and Moulson are set to become unrestricted free agents this summer. The Islanders sent a 2014 first-round pick and a 2015 second-round pick to the Sabres in the deal.

Vanek, 29, has four goals and five assists in 13 games. He has a cap hit of \$7,142,857 US for the rest of the season.

Moulson, 29, has six goals



Thomas Vanek GETTY IMAGES

and three assists in 11 games. He has a cap hit of \$3.133 million US.

THE CANADIAN PRESS

4 SPORTS



Lions receiver Calvin Johnson leaps between Cowboys Jeff Heath, left, and Brandon Carr to make a 54-yard catch on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. LEON HALIP/GETTY IMAGES

Lions roar back to win shootout over 'Boys

NFL. Johnson's 329 yards receiving keeps Detroit in the game; Stafford's one-yard TD lunge wins it

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do

it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989, in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling."

Johnson noticed.

"It was crazy," he said. "We had a lot of one-on-one coverage today, and we were able to take advantage and hit some deep balls. Matt made some great throws to me."

THE ASSOCIATED PRESS

Around the NFL

Chiefs 23, Browns 17. Alex Smith threw for 225 yards and two touchdowns for the league's lone undefeated team at 8-0.

Broncos 45, Redskins 21. Peyton Manning overcame four turnovers and Denver scored the last 38 points in a comeback win. Manning finished with 354 yards and four touchdown passes.

Raiders 21, Steelers 18. Terrelle Pryor ran 93 yards on the first play from scrimmage for the longest touchdown run by a quarterback, boosting Oakland to 3-4.

Bengals 49, Jets 9. Andy Dalton threw a career-high five touchdown passes — four of them to Marvin Jones.

Quoted

"I was just as fooled as the defence was."

Lions offensive guard Larry Warford, on Matthew Stafford's game-winning touchdown play in which players on the field assumed the quarterback would spike the ball to stop the clock.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

Sunday's results

San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Winnipeg at Colorado
Edmonton at Los Angeles
Saturday's results
Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1

MLB PLAYOFFS

WORLD SERIES

(BEST OF 7)

ST. LOUIS VS. BOSTON

(St. Louis leads series 2-1)

Sunday's result

Boston at St. Louis

Saturday's result

St. Louis 5 Boston 4

Monday's game — All Times Eastern

Boston (Lester 15-8) at St. Louis (Wainwright 19-9); 8:07 p.m.

Wednesday's game

St. Louis (Wacha 4-1) at Boston (Lackey 10-13); 8:07 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	10	9	1	0	32	14	18
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	12	5	5	2	30	34	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	24	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

GOLF

PGA

CIMB CLASSIC

At Kuala Lumpur, Malaysia

Final Round — Par 72

x-Won on first playoff hole

x-Ryan Moore, \$1,260,000 63-72-69-70—274 (4)
Gary Woodland, \$756,000 68-70-67-69—274 (5)
Kiradech Aphibarnrat, \$406,000 67-69-69-70—275
Chris Stroud, \$406,000 67-69-68-71—275
Aaron Baddeley, \$280,000 73-67-70-66—276
Jimmy Walker, \$252,000 74-68-67-68—277
Graham Delaet, \$218,166 72-67-68-71—278
Harris English, \$218,166 71-67-71-69—278
Charles Howell III, \$218,166 69-72-69-68—278

Also:

David Hearn, \$14,070

72-70-73-81—296

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

Clashed division title

x — Clinched playoff berth

Saturday's results

Calgary 29 Saskatchewan 25

Hamilton 27 Montreal 24

Friday's result

B.C. 43 Edmonton 29

Thursday's result

Toronto 36 Winnipeg 21

NFL

WEEK 8

Sunday's results

Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay at Minnesota
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results

Houston 2 D.C. 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
Los Angeles at Seattle
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas 0
San Jose 2 Dallas 1
(End of MLS Regular Season)

EXCLUSIVE
**TOMORROW'S
WORLD TODAY.**
ONLY IN METRO STARTING MONDAY NOVEMBER 4



**Douglas
Coupland**

Douglas Coupland is a Canadian novelist, artist, designer and pop culture commentator.

metronews.ca/temp

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Horoscopes

Aries

March 21 - April 20

You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

Taurus

April 21 - May 21

Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

Gemini

May 22 - June 21

You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

Cancer

June 22 - July 23

If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

Leo

July 24 - Aug. 23

Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

Virgo

Aug. 24 - Sept. 23

What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

Libra

Sept. 24 - Oct. 23

There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

Scorpio

Oct. 24 - Nov. 22

As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

Sagittarius

Nov. 23 - Dec. 21

You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

Capricorn

Dec. 22 - Jan. 20

Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

Aquarius

Jan. 21 - Feb. 19

The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

Pisces

Feb. 20 - March 20

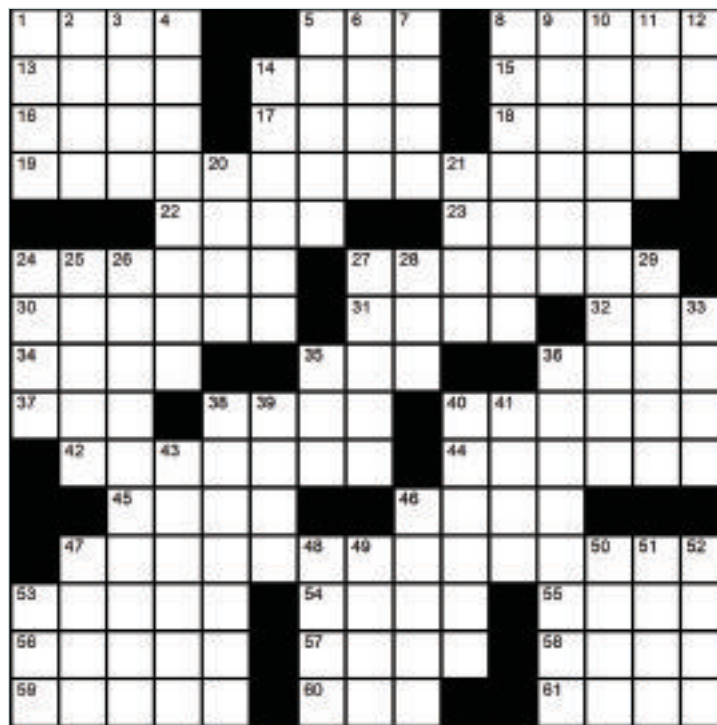
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Mike Myers' directorial debut, "Super-mensch: The Legend of ___ Gordon" (2013)
5. Canadian hwy. miles
8. Not ___ (Not so distant)
13. ___-hoop
14. TV series
15. Stage
16. "___ fair in love..."
17. Entreaty
18. Promotions guy, ___
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., ___
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses ___ (My Love)": 2 wds.
31. "I'd like ___, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India. ___
40. Ms. Nicks
42. Miami rapper
44. St-___ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"



47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince ___ Coast
55. "___, ___ quiet!"
56. Rolling Stones album: '___ Bleed'

57. Remote button
58. Prince of Wales' motto, Ich ___ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal

2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, ___ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure

10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take ___ song and make it better." - The Beatles

12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '___ iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, ___ Gratia Artis
29. South America animal
33. Jackie Wilson's "___ Petite"
35. Vegetable ___
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. ___ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Friday's Crossword

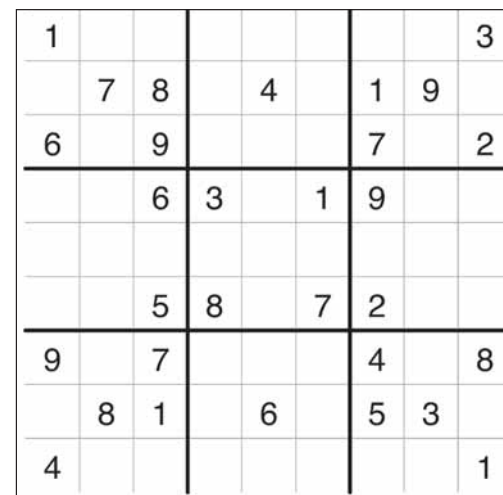


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -2°
MIN: -8°



MAX: 0°
MIN: -5°



MAX: 4°
MIN: -3°



JENNA KHAN
WEATHER SPECIALIST

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